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SINCE SINKING OF THE UNSINKABLE SHIP PAGE 5

HALIFAX

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Tuesday, March 6, 2012



News
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**"I love the smell of
testosterone
in the morning."**

Q104

Inhale...

Team Nova Scotia sees some **TOUGH TIMES** as Brier favourites pull ahead

PAGE 21



Nova Scotia skip Jamie Murphy of CFB Halifax calls a shot during an afternoon draw against Newfoundland and Labrador at the Tim Hortons Brier in Saskatoon on Monday. After starting 3-0, Murphy has dropped two-straight, including a 10-5 decision on Monday to Brad Gushue's rink. JONATHAN HAYWARD/THE CANADIAN PRESS

Premier under fire

Conservatives say Darrell Dexter made misleading statements about the Ships Start Here promotional campaign PAGE 5

Tough match for Axemen

Rulebook isn't a friend to the Acadia men's basketball team as they draw the No. 1 seed for their national quarter-final game PAGE 20

Warm spring in the cards

Spring forecast in Halifax should be great if you're the kind who likes to sit out on patios and spend lots of time outdoors PAGE 4

Fury over plow blockade

Transit strike.

Residents complaining about snowplow delays to police, HRM, and over social media



**JENNIFER
TAPLIN**

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Striking transit workers delaying snowplows not only infuriated many residents, but some councillors as well. Coun. Barry Dalrymple's son skidded into a ditch early Monday morning in Wellington.

"I'll be asking what time they were delayed, because I'll tell you, point blank, if they were delayed the time my son went in the ditch, I'll be filing a small-claims suit," he said.

"That's not fair ball."

Coun. David Hendsbee called the actions of the union despicable.

"They're not sending a message to city hall, they're sending a message to the citizens that they don't care about the safety and well-be-

More coverage

Police are warning strikers not to delay plows and salt trucks again or charges may ensue. See page 3

ing of the citizens," he said.

Ken Wilson, president of Amalgamated Transit Union Local 508, said the decision to delay snowplows from getting onto the roads in Halifax and Burnside on Monday morning over a two-hour period was done in order to give strikers a "different visibility."

He added the handful of picketers didn't cause any potential danger to drivers by holding up plows for up to 15 minutes while work crews were trying to head out onto the roads to clear an overnight snowfall.

"If the roads were completely snow covered we weren't blocking the plows. The roads were bare pavement. The plows were out all night," Ken Wilson told Metro.

With the strike now clos-



Ken Wilson RYAN TAPLIN/METRO

ing in on five full weeks, Wilson said strike captains are expressing concerns over being in the same location too long. So with that in mind, Wilson said they plan to picket various public-works facilities within HRM.

"Did I expect to upset the public this morning? No I didn't think I would, because it wasn't a major snow event," he said, adding they only blocked plows and salt trucks during a two-hour period.

WITH FILES FROM PHILIP CROUCHER



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Snowy streets

Cops issue more parking-ban fines



Cars lined up in Halifax
RYAN TAPLIN/METRO

Some drivers just don't seem to be getting the message.

Halifax Regional Police say more than 1,000 overnight winter parking ban tickets were issued early Monday morning as snowplows cleaned up from up to 10 centimetres of the white stuff.

The total figure was 1,075 tickets issued between 1 a.m. and 6 a.m. The municipality announced Sunday afternoon the ban was being put in place in wake of the snowy forecast.

"It is surprising to us because council acted on that citizens wanted (the ban) day-by-day, based on need," said police spokeswoman Theresa Rath. "We'd like to think people would start tapping into the resources every day to make sure there isn't a parking ban."

Those resources include local media and Twitter feeds through HRM and HRP.

The ban was also in effect Friday, when 682 tickets were issued. In total, 4,238 parking ban tickets have been issued this winter over a period of nine nights.

Assuming everyone pays the minimum ticket cost of \$50, the overall amount paid in tickets so far is \$211,900. **PHILIP CROUCHER**

Stabbing

Police asking for public's help

Police are asking for the public's help as they try to piece together what happened to a man being treated in hospital for life-threatening injuries following a stabbing early Saturday in Halifax.

Just after 4 a.m., the 28-year-old victim was found stabbed in a parkade on Hollis Street.

Halifax Regional Police spokeswoman Theresa Rath said because of the victim's injuries, they haven't been able to speak with him. They also don't know how many suspects could have been involved.

Anyone in the area between 3:30 a.m. and 4:05 a.m. is asked to contact police. **PHILIP CROUCHER**

Workers. Cops warn strikers about delay tactics

Police are telling striking transit workers not to delay snowplows again or arrests may follow.

The warning came Monday after strikers blocked snowplows from going on the road for up to 15 minutes between 7 and 9 a.m.

"They are not legally able to block access for snowplows and salt trucks or any vehicles at all. In this case we view this as a public-safety issue," said

Theresa Rath, Halifax Regional Police spokeswoman.

Police will respond next time and if strikers don't move away when asked, she said they will arrest them. Rath said that if they were to be charged it would likely be for Criminal Code offences of mischief or obstructing a peace officer.

"People are very upset and we've advised the transit union of that," Rath said.

"This is not police com-

plaining, this is our citizens complaining."

Union local president Ken Wilson said they took the call from police under advisement, but wouldn't rule out delaying snowplows again.

"The strike is a moving target every day and we're planning different things every day as the strike continues. I'm not going to say either way if we're going to be at public works Tuesday or Wednesday."

But he said strikers will obey the law and if police tell them to move, they'll obey.

Mayor Peter Kelly said city hall was buffeted by negative public comments on the union's actions Monday.

"I think we need to stick to the issues at hand," he said. "And I don't think it's fair to impede other services, especially in terms of the need of salting and plowing."

JENNIFER TAPLIN



Amalgamated Transit Union members and a pair of snowmen picket in Grand Parade in this photo taken last week. **RYAN TAPLIN/METRO**

Open closed-door vote, Wilson says

Transit talk.

Councillors to meet in-camera again today to discuss transit impasse



PHILIP CROUCHER
philip.croucher@metronews.ca

Ken Wilson says he thinks Halifax regional council should have an open vote today on binding arbitration during its weekly council meeting.

The comments from the head of Amalgamated Transit Union Local 508 come one day after Mayor Peter Kelly told Metro binding arbitration is and will continue to be a no-go

Membership

"Perhaps the union membership may want to re-evaluate its union executive-member leadership. Perhaps they need to change their negotiating team."

Coun. David Hendsbee

for HRM in settling the transit strike.

Kelly spoke out after two HRM councillors — Dawn Sloane and Jackie Barkhouse — talked to the media on the weekend about being open to considering binding arbitration as a tool to end the 33-day impasse.

"The mayor doesn't get a vote. He's the chair of council. As far as I'm concerned, if 12 councillors out of 23 support binding arbitration, then

that's 50 per cent plus one. That gives us our numbers," Wilson said.

"Nothing behind closed doors. Nothing in camera. An open vote so the public can see and have it recorded," he then added.

Since the strike was two weeks old, transit workers have been calling on binding arbitration as the way to end the impasse. Kelly said council has made it clear they are opposed to binding arbitration

and that will not change.

He previously said it is the will of council, but because the discussion were held in camera, Kelly has refused to release the details of the vote.

"We are so close to having this resolved. We only have one big issue left, which is rostering," Wilson said. "So why not take it to binding arbitration? If we lose, we plan to deal with that, and if management loses, or city council loses, they should plan to deal with that."

Coun. Barry Dalrymple said Monday an open vote on binding arbitration is "not going to happen." Coun. David Hendsbee went a step further.

"I'll stand up and say no at any time (public or private meeting)," he proclaimed. "It doesn't matter."



NEWS



News in brief

Putin Protest

An attempt by Vladimir Putin's foes to protest his presidential election victory by occupying a Moscow square ended with riot police quickly dispersing and detaining hundreds of demonstrators. Watch at metronews.ca/video

On the Web



Dieticians take to the web to bust nutrition myths and misconceptions. Scan the code for the story.

Postponed. Ill health delays Hedley concert



Hedley's show at the Metro Centre will happen on another day. CONTRIBUTED

Canadian rockers Hedley have had to bow out of tonight's scheduled concert at the Metro Centre due to an illness within the band.

A release says a new date for the show will be announced shortly.

"Hedley and the event promoters sincerely apologize for any inconvenience this may cause," a release issued Monday by Evenko and Live Promotions says.

The release adds that all tick-

ets for the March 6 date will be honoured when the new show is announced. For anyone who can't make it to the new date, refunds are available at the Ticket Atlantic box office.

The chart-topping group is on a cross-Canada tour promoting its fourth studio album, Storms.

Enfield's Classified, along with Karl Wolf and My Name Is Kay, were to serve as opening acts.

PHILIP CROUCHER/METRO

Torbrook

Man dies after being trapped under truck

The RCMP say a 19-year-old man is dead after being pinned beneath his pickup truck.

Police say the Annapolis

County man was driving along a road in Torbrook on Sunday when he noticed he was running out of fuel. He stopped and crawled underneath the truck to investigate a mechanical problem when it rolled backwards.

The man was pronounced dead at the scene.

Police have not released his name. **THE CANADIAN PRESS**

Road watch. 39 face impaired-driving charge

Halifax police say 39 people were charged with impaired driving last month.

Of that total, a police release says 32 men and seven women ranging in age from 22 to 71 were charged.

Of the incidents, 17 were a result of policing during patrols, another 11 arose from collisions and 11 were called in

by citizens.

In two cases, the people charged were more than three times over the blood-alcohol limit. Another person was charged for being impaired by drugs.

As well, 16 suspensions were issued by police for drivers with a blood-alcohol level of 50 to 80 milligrams. **METRO**

Trenton

Man arrested following stabbing

Police have laid charges in a weekend stabbing in Trenton.

Joseph Abraham MacKinnon, 36, was taken into custody Sunday after a search at a residence on High Street, the same area where another 36-year-old man was stabbed earlier in the day.

MacKinnon, charged with aggravated assault, is being held in custody until a bail hearing Wednesday.

THE CANADIAN PRESS

Chelsea

Suspect charged in 2005 home invasion

The RCMP have laid charges in a home invasion that happened more than six years ago in Chelsea.

Brian Hector Oickle of Dartmouth has been charged with robbery, forcible confinement, break-and-enter and possession of property obtained by crime.

Police say the break-in happened in July 2005 when a man entered a home and allegedly stole money from a 72-year-old woman. **THE CANADIAN PRESS**



A pedestrian walks past daffodils in the Public Gardens in this file photo from 2010. Environment Canada and the Weather Network both say this spring will be warmer than normal. RYAN TAPLIN/METRO FILE

Forecast will put a spring in your step

Weather. Something to look forward to



JENNIFER TAPLIN
jennifer.taplin@metronews.ca

Patio season is so close, you can almost taste it.

And more good news: Both the Weather Network and Environment Canada are predicting a warmer-than-normal spring for Nova Scotia.

"This has been a warmer-than-normal winter and we think it's going to continue," said David Phillips, climatologist with Environment Canada.

And that's not the end to the good news. Phillips says

Across Canada

• **Elsewhere.** Temperatures in most other provinces are expected to be right in line with seasonal norms over the next three months, with only British Columbia projected to feel some lingering chill.

• **Precipitation.** The Weather Network's spring-weather outlook is also calling for more variability in precipitation, forecasting both a soggy few months in Central Canada while raising the

spectre of water shortages on the West Coast.

• **To be expected.** Such contradictions are par for the course during a season with a reputation for volatility. After the sort of winter Canadians have just experienced, however, network meteorologist Chris Scott said a typical spring may seem jarring.

THE CANADIAN PRESS

precipitation will be near normal in the region, but a little below normal in Halifax.

"But I also think it's wise for people to know you can't write the obituary on winter-like

weather," he said.

In a typical spring, Halifax still gets about 65 centimetres of snow, or about 25 per cent of the annual snowfall after March 1, he says. Just look at this week's forecast for a perfect example of spring-like weather: Today there's a chance of flurries with a high of -3 C. But just wait until Thursday, when Environment Canada is calling for a tulip-popping 13 C.

"Even though people are beginning to think spring is just around the corner, don't put away the snow shovel or the snow plow," Phillips advised.

The Weather Network reported the average spring temperature in Halifax as a high of 9 C and a low of -1 C.

Tentative police budget stays the course

The police budget passed its first big hurdle on Monday — approval by HRM's police commission.

During a special meeting, the commission approved the \$71,942,000 budget. It will require council approval as part of the overall budget in the coming weeks.

The budget is flat, basically the same amount as last year,

says Theresa Rath, spokeswoman for Halifax Regional Police.

"It allows us to continue with delivering the service HRM is accustomed to, and we believe we can live within it, but it will have to be managed very carefully," she said.

"There are no new services but it also means there are no services being cut."

When the police budget was first crafted earlier this year, money for horses, bikes, lake patrol, the East End Community Office and Crime Stoppers was threatened but later rescued from the chopping block thanks to other sources of funding.

There's also an extra, one-time expense of \$30,000 tacked onto the new budget to apply

to host the 2014 Canadian Association of Police Boards conference. The money will be refunded if Halifax is successful in its bid.

Rath says she doesn't know if last year's record homicide count had any impact on the budget, but there is an existing reserve to pay for unexpected, extensive investigations.

JENNIFER TAPLIN/METRO

Coin commemorates Titanic

100th anniversary of sinking. Royal Canadian Mint pays tribute to the sad day the great ship went down

Tragedy at sea

- **North Atlantic.** The RMS Titanic sank on April 15, 1912, with a loss of 1,517 lives. There were 705 survivors.

The Royal Canadian Mint has unveiled a commemorative silver coin to mark the centennial of the Titanic sinking.

The collector coin features a design by artist Yves Berube of the ship under full steam as it nears an iceberg. It also shows the longitude and latitude of where the ship sank in the North Atlantic.

The mint says it contains 99.99 per cent pure silver, has a \$10 face value and will sell for \$64.95. It is making 20,000 of the coins.

It is also producing a silver-plated 50-cent coin and 25-cent copper-nickel coin to mark the tragedy. They will sell for \$34.95 and \$25.95 respectively.

"The tragic fate of the Titanic has long captivated the world's imagination," Sen. Stephen Greene said in a statement. "These beautifully crafted coins pay tribute to the many sacrifices that were made and hard lessons that were gained by humanity during the RMS Titanic's voyage 100 years ago."

THE CANADIAN PRESS



Artist Yves Berube displays a commemorative silver coin that he designed to mark the 100th anniversary of the Titanic sinking. Berube unveiled the coin, issued by the Royal Canadian Mint, on Monday in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

Dexter misleading public about role in ad campaign: Tories



Premier Darrell Dexter. RYAN TAPLIN/METRO FILE

The opposition Conservatives are accusing Premier Darrell Dexter of making misleading statements about his office's role in the awarding of an untendered contract for the Ships Start Here promotional campaign.

Tory critic Chris d'Entremont said Monday that his party had obtained an email that shows Dexter was wrong when he said his office was not involved in the decision to award a \$303,000 advertising contract.

D'Entremont said the province's Crown-owned business-lending agency, Nova Scotia Business Inc. (NSBI), has confirmed that two representatives from

the premier's office, Paul Black and David MacKenzie, attended meetings of a steering committee involved in the campaign.

"This certainly raises questions about the trustworthiness of the premier and his office," d'Entremont said.

Dexter was furious when asked about the allegation. "It's more of their attempt to try and do what I consider to be nothing more than a drive-by smear," he said.

"The reason he (d'Entremont) is doing this is because that's the way his government operated. We do not operate that way."

Dexter said the commit-

tee — consisting of more than a dozen public- and private-sector partners — had nothing to do with the decision to hire MT&L Public Relations Ltd. That was the responsibility of NSBI, he said.

Later, the vice-president of the Crown agency, Lisa Bugden, confirmed that the committee was not a decision-making body.

"The committee supported our decision to engage an external firm," she said. "We did the procurement.... Paul Black never said anything to me or to NSBI about MT&L, about hiring any firm."

Black, director of policy and community relations in

Ships Start Here

- **Bidding process.** Questions about the campaign were raised after the Canadian Taxpayers Federation released documents last week showing NSBI had hired MT&L without seeking competitive bids.
- **Damage control.** Premier Darrell Dexter has said the procurement guidelines allow for untendered contracts in special situations.

the premier's office, used to work at MT&L.

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Tories were warned about vote calls, says Elections Canada

Politics. Growing scandal over allegations of voter suppression has party officials on defence

By the numbers

127

Elections Canada says 127 polling stations out of 15,262 across Canada moved locations during the campaign period.

The Conservative party asked for the location of all polling stations and then contacted voters about where to find them during last year's federal campaign, despite a request they not do so by Elections Canada for fear of muddying the election-day waters.

It's just the latest wrinkle in an evolving investigation into evidence that someone impersonated an Elections Canada official in order to misdirect voters to the wrong polling stations.

Elections Canada is investigating clear evidence of fraudulent calls in Guelph, Ont., amid an avalanche of unverified complaints of similar fake calls across the country.

Elections Canada confirms the Conservative party requested a list of all polling stations before the federal vote last May 2, and that as a result the elections watchdog provided the list to all parties.

In its statutory report following the 2011 campaign, which was released last August, Elections Canada highlighted the incident in a separate box.

"Because a polling site can be replaced by another at the last minute, and to ensure that electors always have access to the most accurate information regarding their location, Elections Canada indicated to political parties that the list supplied should only be used for internal purposes and that parties should not direct electors to polling sites," said the report.

All parties were instructed to tell voters to check Elections Canada's website or their voter information card for poll locations "to prevent electors from being directed to incorrect polling sites."

"Some political parties did not comply with this request," said the report.

THE CANADIAN PRESS



Protesters take part in a robocall protest on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Jury hears horrible details of Tori Stafford's death



Tara McDonald, left, mother of slain Tori Stafford, arrives at the courthouse in London, Ont. GEOFF ROBINS/THE CANADIAN PRESS

Eight-year-old Victoria Stafford's brutally beaten body, clad only in a Hannah Montana T-shirt, lay for 103 days in garbage bags under a pile of rocks far from home, a first-degree murder trial heard Monday.

There was a light covering of snow in the farmer's field where she was left on

April 8, 2009, after being killed with several blows to the head with a hammer, a jury in London, Ont., was told in the Crown's opening statement.

The snow was long gone by the time her badly decomposed remains, with a pair of butterfly earrings belonging to her mother,

were found by a police officer on July 19.

Tori was abducted by Michael Rafferty and his girlfriend, Terri-Lynne McClintic, and sexually assaulted and brutally beaten to death within the span of several hours, Crown attorney Kevin Gowdey told the jury.

THE CANADIAN PRESS

Father's response

- **Outside court** Monday, her father Rodney Stafford said it's hard for him to be in the same room as the accused killer. He hopes Tori's name will be remembered more than his in years to come.

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App achievement

Apple app store hits 25 billion downloads

More than 25 billion apps have been downloaded from Apple's app store.

A news release from Apple on Monday said the downloads came from more than 315 million iPhones, iPads and iPods. The app store has more than 550,000 apps to date.

Chunli Fu of Qingdao, China, downloaded the 25 billionth app and won a \$10,000 iTunes gift card.

THE ASSOCIATED PRESS

Stock soars

BP shares up after Gulf spill settlement

Shares in BP PLC have hit their highest level in over a year in the wake of the oil company's announcement that it had reached a settlement with victims of the Gulf of Mexico oil spill.

BP shares were up 1.6 per cent at 504.4 pence in midday trading in London Monday. The company's share price had earlier struck a high of 512 pence, its highest level since January 2011. THE ASSOCIATED PRESS

Market Moment



DOLLAR
\$100.58 US
(-0.57¢)

TSX

12,523.95 (-119.87)

OIL

\$106.72 US (+2¢)

GOLD

\$1,703.90 US (-\$5.90)

Natural gas (per 1,000 cubic feet): \$2.36 US (-13¢)

Dow Jones: 12,962.81 (-14.76)

EU eyes quotas for corporate boards

Gender equality.

European Commission says low presence of women in decision-making positions hurts companies' results

The European Union is moving closer to introducing mandatory quotas for the number of women on company boards after businesses failed to make sufficient progress in gender equality over the past year.

The EU's Justice Commissioner, Viviane Reding, said Monday that at the current rate it would take more than 40 years for women to hold 40 per cent of board positions in Europe's publicly traded companies.

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should increase to 40 per cent.



European Commissioner Viviane Reding addresses the media in Brussels on Monday. YVES LOGGHE/THE ASSOCIATED PRESS

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should increase to 40 per cent.

At the moment, only one in seven — or less than 14 per cent of — board members at Europe's biggest companies

are women, the Commission said. That's up only slightly from just under 12 per cent in 2010 and despite the fact that 60 per cent of university graduates are now women.

The percentage of women chairing major European companies even fell slightly over the past two years, to 3.2 per cent from 3.4 per cent in January 2010.

THE ASSOCIATED PRESS

Real estate

Home sales expected to outpace 2011

The number of Canadian homes sold this year will outpace 2011 while prices will hold steady in most parts of the country, the country's largest real estate association said Monday in a story revision to its 2012 outlook.

The Canadian Real Estate Association said the number of home sales will grow by 0.3 per cent this year to 458,800 from 457,305 units in 2011, largely due to the continuation of low borrowing rates.

The national average price is forecast to dip by 1.1 per cent in 2012 to \$359,100 but that's due to a drop-off in multi-million dollar sales activity in Vancouver — Canada's most expensive real estate market.

Prices are expected to remain around current levels in most parts of the country, CREA said.

CREA expects Alberta, Saskatchewan, and Nova Scotia will drive the sales growth this year, offsetting weakness in other provinces.

THE ASSOCIATED PRESS



Former London police commissioner Paul Stephenson stands outside New Scotland Yard in London, in January 2009. SANG TAN/THE ASSOCIATED PRESS

Police too cozy with press, U.K. media inquiry hears

Too much gossip between senior police officials and the press has led to breaches in confidentiality, the former head of London's Metropolitan Police said Monday.

Paul Stephenson, who resigned last year over his force's failure to get to grips with the phone hacking scandal at Rupert Murdoch's News International, told Britain's media ethics inquiry that relations between a small number of police managers and the media were closer than necessary.

Stephenson didn't go into detail, but his comments are

the latest to underline the often close relations between Britain's national press and its biggest police force.

Senior Scotland Yard official Sue Akers testified last week that journalists paid tens of thousands of pounds' worth of bribes to serving police officers, and Stephenson's former deputy, John Yates, was thrown onto the defensive Thursday after it was revealed that he'd shared Champagne with one of the many journalists who are now suspects in the scandal.

Elizabeth Filkin, a civil servant commissioned by Scotland

Yard to review its relationship with the press, testified that she'd been told police had given journalists exclusives in order to avoid embarrassing stories about their personal lives, and that the perception in the lower ranks was that senior officers were loading up on freebies — including a "very large" number of sports tickets.

Asked which media organizations were the most generous, she said: "There was certainly a lot of hospitality given by News International newspapers" — Murdoch's company.

THE ASSOCIATED PRESS

Political interference?

- Stephenson touched on the issue of links between the press and authorities when he revealed that London's deputy mayor, Kit Malthouse, had privately urged him to scale back the investigation into wrongdoing at Murdoch's News of the World.
- Opposition lawmaker Chris Bryant, a phone hacking victim, said the intervention amounted to "political manipulation."



The province is seeking nominations for Nova Scotia's

MEDAL OF BRAVERY.

The medal will be awarded to individuals who have risked their life or safety protecting the life or property of others.

Any Nova Scotian can be nominated for the award. Only acts of Bravery that occurred on or after January 1, 2007 will be considered under the Nova Scotia Medal of Bravery Act.

Nomination forms are available at Access Nova Scotia Centres throughout the province, Province House, the offices of members of the legislative assembly and online at www.gov.ns.ca/bravery.

Completed nomination forms should be sent to:
Provincial Secretary, Medal of Bravery
Department of Justice
4th floor, 5151 Terminal Rd.
Halifax, Nova Scotia B3J 2L6

The deadline for nominations is May 1, 2012.



NOVA SCOTIA

EVERYBODY'S WORKING FOR THE WEEKEND



**SHE
SAYS...**
Jessica Napier
metronews.ca/shesays

Last week, my friend Amy quit her job. There's nothing particularly interesting about this other than the fact that she gave her notice without any sort of plan for what comes next.

It's pretty bold to give up a stable working environment before you figure out your next step. Simultaneously liberating and terrifying, leaving a bad job is great, but giving up a regular paycheck certainly isn't. Part of me is jealous of Amy's optimism toward her uncertain future; the other part of me needs to pay my rent next month and likes owning a fancy cellphone.

Up until this point, everything has been carefully mapped out for us: go to school, get a job, make money, feel satisfied with your grown-up life, etc. But what happens when you realize that perhaps this isn't exactly where you want to be? Is it too late to hit the reset button on your career?

The short answer is: absolutely not.

For our parents and grandparents, a long-term career

with the same company was the holy grail of the working world. But in today's increasingly grim economy, a non-traditional workforce is evolving. We're now expected to embrace instability and jump from job to job with ease. And all of the perks that come with full-time employment — job security, health benefits, retirement plans — just seem like outdated luxuries.

Almost everyone I know is doing something other than working full-time at a stable job. I currently operate three separate work-related email addresses and, on a good

week, have up to five different bosses. We're all enrolled in continuing education, freelancing on the side, working on contract and generally not expecting to be in the same job five years down the road.

I'm writing this column on a Sunday afternoon in a crowded coffee shop with more laptops than lattes, and everyone is working on some sort of part-time project. We're all pursuing multiple ambitions and getting by as something/someone else: graphic designer/server, retail manager/blogger, teacher/photographer and so on.

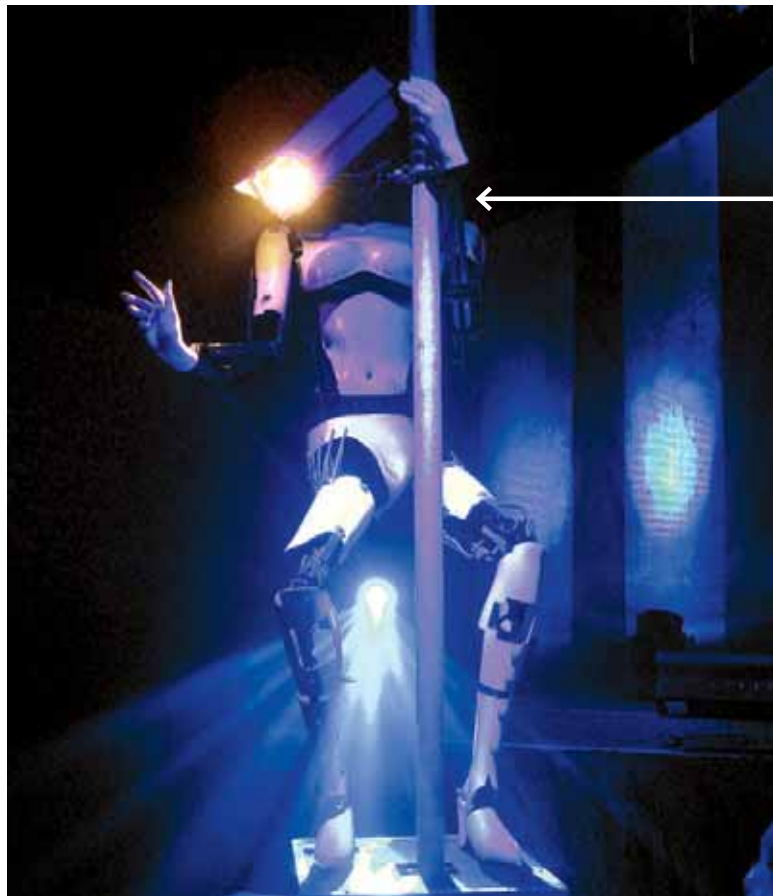
I have one friend who works in banking and is getting her MBA part-time. She recently announced, without even a hint of irony, that she has started babysitting on the side in order to make some extra money. Apparently in a competitive job market you can't be above stealing employment opportunities from 13-year-olds.

So maybe it isn't so crazy to quit your job without a backup plan. As dreams of lifetime employment are replaced with an "until something better comes along" mentality, flexibility has become the new full-time.



A bike rider does some serious multitasking as he makes the most of his morning outside the U of T campus. AARON VINCENT ELKAIM/TORSTAR NEWS SERVICE

This robot doesn't make calls



GETTY IMAGES

Push your buttons

Robogirls grind at high-tech expo

GERMANY. At least for some, all things technological get all the attention.

A "pole-dancing" robot is pictured during preparations at the CeBIT, the world's largest computer expo. The biggest tech expo takes place at the largest exhibition ground in the world, the Hanover fairground.

METRO WORLD NEWS

Debut

These works of art are not for sale

U.K. For those interested, these alluring robots of the female persuasion are not up for sale at the expo. They are works of art by 44-year-old British sculptor Giles Walker, which were first featured at a 2006 exhibit — Peepshow — by U.K.-based alternative art and cultural movement Mutate Britain.

METRO WORLD NEWS



A technician adjusts a robot. GETTY IMAGES

They are made from...



"My robots are low-tech, built from scrapyard parts. The motors in them are mainly wind-screen-wiper motors."

Giles Walker
sculptor

Walker says...

Voyeurism in our society

"It links the ideas of surveillance and voyeurism. We all live in a peep show with these mechanical peeping Toms on every street."

Staring at real buttocks...

"I looked at the real thing and adjusted the motor to get the movement right."



Twitter

@Bongafied: to everyone who works for #metrotransit ..here in halifax that is....grow up...you got your increase now go back to work

@Steviehlfx: Anyone want to start a group to block Ken Wilson from getting out of his house in the morning? #transitstrike

@Phirewire: I'm sorry, but the ATU is an embarrassment to HRM at this point.

What little public support you may have had is gone. #transit-strike

@maryclarexo: People watching from outside of Pete's Fruitique makes me love Halifax

@MicheleCrystal _: literally left Dartmouth in a mini snow storm and by the time I got into Halifax was back to spring weather lol

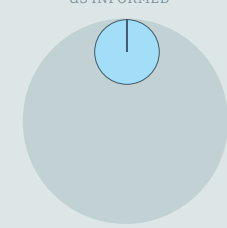


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Do you think \$12.4 million is a reasonable amount for the government to spend on advertising the budget?

Survey says...

9%
YES. IT'S IMPORTANT TO KEEP US INFORMED



91%
NO. IT'S A WASTE OF MY MONEY

DVD reviews

The Skin I Live In

Director. Pedro Almodovar

Stars. Antonio Banderas, Elena Anaya, Jan Cornet

In *The Skin I Live In*, Madrid master Pedro Almodovar turns more Ed Wood than Hollywood. There's weird science and kinkier sex.

Antonio Banderas is chilly plastic surgeon Dr. Robert Ledgard who has a laboratory inside his gated mansion where he seeks to invent artificial human skin by radical methods. His home also houses a beautiful, suicidal patient named Vera (Cairo Time's Elena Anaya). This more freaky than frightful, a "B" picture by an "A" director.

Footloose

Director. Craig Brewer

Stars. Kenny Wormald, Julianne Hough, Dennis Quaid

The 2011 remake of 1984's *Footloose* is virtually a beat-for-beat copy of its Reagan-era forebear. Director Craig Brewer sticks to the vanilla basics. The rebooted *Footloose* isn't as bad as feared, but neither is it the least bit necessary. **PETER HOWELL**



The story of John Carter first appeared in serialized form in a magazine in 1912. / HANDOUT

John Carter's West 'trumps' his fans

Sci-Fi. John Carter star Dominic West talks about his *Star Wars* and the line that sparked a following

NED EHRBAR
scene@metronews.ca



British actor Dominic West has become quite the familiar face thanks to his critically acclaimed run as Detective Jimmy McNulty on HBO's *The Wire*. And while the deserts of Mars are a long way from the streets of Baltimore, Md., John Carter is hardly his first foray into the science-fiction genre.

"I was in *Star Wars*, I don't

know if you knew that," he says with a coy grin. "I've got a ridiculous hat on. I played two parts in the *Phantom Menace*. The first one — I think I had two lines, which were cut — was a Naboo officer, and then the next one was Palace Guard, who remained. I say, 'The boy is here to see you, your highness.'"

And while the 3D re-release of the *Phantom Menace* last month has many learning in retrospect about his involvement in the blockbuster franchise, West reveals that he's gotten more fan attention for that one line than for five seasons of *The Wire*, believe it or not. And they don't just send fan mail: West often receives copies of his *Star Wars* Top Trumps card — a children's card game — to be autographed. But fans looking for



Dominic West / HANDOUT

such a favour should proceed with caution. "Whenever they send me my Top Trump card, I never send it back. I keep that and send them a photograph," he says. "They should know better than to contact a palace guard and say things like, 'We loved your work in *Star Wars* and thought you were amazing, what you were doing.' You go, 'Shut up, give me that Top Trumps card.'"

John Carter

What's in a name?

Titles can be a tricky thing, especially when you're producing and releasing a \$200 million-plus potential franchise starter. Somewhere in its journey to the screen, John Carter of Mars became John Carter — and it's not necessarily something the film's producers are thrilled about. "I think John Carter is a very, frankly, vanilla name," admits producer Lindsay Collins. "Apparently there was some study done of movies that had Mars in the title — every single one of them have tanked."



SCENE



Scene in brief

Airport Kitsch

Philippine official says Friday Night Lights star Taylor Kitsch was not hassled at Manila's airport recently, as the Canadian actor indicated. Kitsch said Wednesday on the Late Show with David Letterman that customs officers stopped him at the airport and ordered him back to Japan because his passport didn't have enough pages to stamp. Kitsch said he was let in only after proving with his iPhone that he was an actor. Philippine Customs chief Ruffy Biazon wrote in his blog Friday that no airport records show Kitsch visited Manila, and that his officers do not stamp passports.

On the Web



War Horse Song Person
Melanie Doane says show's folk tunes feel natural to her.

JOHN HAMM, JON HAMM, HILL, GIBBY, PHILIP (CARTER), SCOTT, WESTFELDT, KAMEN, WILK, RUDOLPH, O'NEAL, KIM, BURNS

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VVS FILMS

GAP

Demi gets a visit from ex-hubby, but don't expect a reconciliation

There's at least one person who knows the location of Demi Moore's secret post-rehab vacation: her estranged husband, Ashton Kutcher.

The *Two and a Half Men* star paid a visit to the recovering actress recently, according to *People* magazine — not that he was exactly enthused about it.

"They are not getting back together. He knew it was important to her daughters," a source says of the visit.

As for where it took place, sources tell *E!* News that they spotted Moore on a private beach near Parrot Cay in Turks and Caicos, at an ultra-exclusive resort only accessible by boat.



HACKERS POST NAKED CELEB PICS ... AGAIN

Metro has your celebrity gossip covered

METRO STAFF

Hacking scandal ... again

More naked celeb photos: Real or fake?



THE WORD

Dorothy Robinson
scene@metronews.ca

dolous photos and posted them all over the Internet.

Munn's pictures have dirty writing superimposed over hardcore photos. Hendricks' pics are mostly of the *Mad Men* star in half-dress, while one is a full-on shot of her world-famous rack.

A rep for Hendricks confirms the theft, telling *Gossip Cop*, "Christina's phone was in fact hacked and photos were stolen," noting, "the topless image is fake and not an image of Christina."

Munn is denying everything — she tweeted that the photos aren't hers. (As she should; if real, her pictures are some Hustler-level stuff.)

I know. Your first thought is: why would celebrities take naked photos of themselves when they know they are most likely to be hacked?

ROMINA MCGUINNESS WROTE
TODAY'S EDITION OF THE WORD.

Another day, another phone hacking scandal involving half-dressed celebrities.

This time, Christina Hendricks and Olivia Munn are victims after an anonymous user on Motherless.com asked the site's forum readers which celebrity they would like to see naked.

When they answered Munn and Hendricks, the user, apparently through hacking magic, got onto Munn's and Hendricks' phones, grabbed some scan-

Birthday boy Bieber only had eyes for Gomez at star-studded bash



Justin Bieber celebrated his 18th birthday with a star-studded surprise bash thrown by his manager and his mom at the Beverly Wilshire hotel in L.A., according to *Us Weekly*. "Everyone danced all night," a source says of the soirée. Despite notable guests like Mike Tyson and Kim Kardashian, the birthday boy only had eyes for

Selena Gomez.

The actress flew in from Florida, where she's filming a movie.

"He was all over Selena the whole time, walking her around by the hand," a source says. "He kept kissing her."

As for presents, his manager, Scooter Braun, bought Bieber a \$102,000 one-of-a-kind Fisker Karma hybrid sports car.

Twitter



@woodelijah
Samoas! those are my jam



@KChenoweth
I'm in bed resting. Healing. And watching Tom Cruise in *The Last Samarai*. For the fifth time.



@John_Lithgow
Did a 3D double feature, HUGO and PINA. My head's spinning.



@Joan_Rivers
Lindsay Lohan was so bad on SNL that the judge is sending her back to rehab, but for acting lessons.

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As we shy away from calling people fat, are we really being kinder calling them curvy? GETTY IMAGES

Is 'curvy' the new fat?

Weight tends to be a sensitive issue at the best of times. But now more than ever it is important to be happy with how you look

ROMINA MCGUINNESS
wellness@metronews.ca



Calling someone fat isn't very nice — Karl Lagerfeld learned that the hard way, after he called Adele overweight in Metro, drawing the ire of fans everywhere. But using the word "curvy" — is that wrong? It's usually meant as a compliment for a person with the right amount of flesh, in the right places. We're thinking Marilyn Monroe's hips, Christina Hendricks' bosom and Kim Kardashian's round-ed bum.

But what happens if someone has a little too much flesh where they shouldn't? Do they go from being wonderfully curvy to dangerously fat?

The line between the two words has been blurred. Britney Spears for example, has been simultaneously described by tabloids as "out of shape" and "stunning".

Adele is a prime example. Everyone goes on about her weight — she even jokes about it herself (if she could be the face of anything, it would be full fat Coke, she said last September).

So why did Vogue UK smooth out her curves on her February cover?

On the same note, people can't seem to make up their minds as to whether or not 2012 Sports Illustrated Swimsuit cover girl Kate Upton is fat or curvy because her breasts fill her bikini top.

Plus sized model Tara Lynn has posed nude for Vogue Italia, and last summer, and she was the face of H&M's 'Big is Beautiful' swimwear collection. She knows what it's like to be a not-so-skinny-girl working in an environment strongly influenced by the size zero.

"Anyone can take one word and use it in an endless

context," she says.

"Someone could say 'voluptuous' to mask saying another word such as 'obese'. Thankfully, being plus sized is no longer a taboo, even though the media constantly exposes us to a repetition of skinny images day in, day out, making us feel like we need to fit in."

The need to conform is

what drives us to follow trends, and fear exclusion.

"The problem is we can't go all go by one unrealistic body image," adds Lynn.

She believes we need a diverse perception of beauty covering a broad spectrum of shapes and sizes — no matter what we label them.

"I'm pleading with you to be happy with your body,"

Expert opinion



Gwendolyn DeVoe, creator and executive producer of Full Figured Fashion Week

- Calling someone fat is offensive, but do you think people are now using 'curvy' to mean the same thing? I don't think so at all. 'Curvy' and 'fat' are two different terms. Curvy, to me, is a positive term. A woman who is considered

curvy can be a size 10 or a size 20. Curves are curves, no matter what the size. When someone describes a woman as being curvy, in my opinion, they are using it in a positive fashion whereas many people tend to use the word fat in a negative fashion. It's actually refreshing to see people now being more accepting of curvy bodies.

3
LIFE

On the Web



Experimental drug holds promise for use as post-stroke therapy: study

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Best Health

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**BEST HEALTH
MINUTE**
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know how cow's milk compares with soy, almond and rice beverages in terms of calories and fat?

In each issue of Best Health magazine, we look at portion sizes and compare their ingredients and nutrients.

Here, from the March/April issue, we look at how one cup (250 mL) of milk and other beverages compare:

Skim milk

has 90 calories, 0.5 grams fat, 8 grams protein

1% milk

has 100 calories, 2.5 grams fat, 8 grams protein

2% milk

has 130 calories, 5 grams fat, 9 grams protein

Unsweetened soy beverage
has 80 calories, 4 grams fat, 7 grams protein

Unsweetened rice beverage
has 110 calories, 1 gram fat, 2 grams protein

Unsweetened almond beverage
has 30 calories, 2 grams fat, 1 gram protein



Rest assured — you're not the only one awake

But that's no reason to turn to sleeping pills. A new study shows that they could drastically shorten your life span

CELIA MILNE
life@metronews.ca

Can't sleep? Sleeping pills may help you get some zzz's, but a new study has found they also shorten your life.

A U.S. study has found that people who take prescription sleeping pills are 4.6 times more likely to die early than those who don't take them. Sleeping pills also increase risk of cancer, the study found.

"In my opinion, these drugs are too dangerous to use," Dr. Daniel Kripke, co-lead author of the study, told Metro. "There is a chance that the data exaggerate the risks, but I do not advise people to bet their lives on our study being entirely wrong." Kripke is a psychiatrist at Scripps Clinic Viterbi Family Sleep Center in San Diego, Calif.

A Canadian study in 2010 also found sleeping pills are linked with earlier death. We asked Kripke about over-the-counter sleeping pills, which many Canadians take willy-nilly. "Many over-the-counter sleep aids contain diphenhydramine, which is one of the drugs that were associated with



Even if you can't sleep, it's best not to turn to medication. / ISTOCK PHOTOS

elevated mortality," he said. "Talk to your doctor about discontinuing any sleeping pills."

In the San Diego study, medical records for 10,531 people who took sleeping pills were compared with those of 23,674 people who didn't take sleeping pills. The length of the study was more than six years. The higher risk of death in that period was seen even in the patients who took as few as 18 sleeping pills a year.

One alternative to help people sleep is teaching them cognitive behavioural therapy, says Kripke. Adapting

Helpful tips

We asked Dr. Kripke, a psychiatrist and sleep expert in San Diego, for some advice on getting better sleep and staying healthy. Here are some tips:

- **Tip #1.** Talk to your doctor about discontinuing any sleeping pills
- **Tip #2.** Reduce your time in

bed to the time you can sleep

- **Tip #3.** Do not go to bed until you are sleepy
- **Tip #4.** If awake in bed, do not stay in bed unless you expect to sleep soon
- **Tip #5.** Get up at the same time every morning

sleep patterns to circadian rhythms is also helpful.

The sleeping pills industry generates billions in annual

sales. Results of the study were published by the open-access online journal BMJ Open.

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LUNCH RUSH
Valerie Mansour
life@metronews.ca

Stone Hearth Bistro is located in the busy "Village at Bayer's Road" and there's not a chair to be had — too bad, as it

looks so appealing.

Rather than wait, my companion and I sit in the little adjoining café. We order at the counter and selections are promptly and politely served.

I have the Line-caught Haddock Cakes with Maple Baked Beans (\$9). The beans

are delicious. The three haddock cakes have excellent flavour, but they're dry. Covering them with beans does the trick.

My pal makes a smarter selection — an absolutely awesome Digby Scallop Linguine (\$11). It has a vanilla butter reduction and a generous

number of scallops, nicely done. Not a speck remains.

Stone Hearth has a special emphasis on home-cooked local ingredients. Operated by the skills-training organization Metro Works, dining here is not just good for the customer, but provides an opportunity to support a worthwhile cause.

Visiting the restaurant

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Website. stonehearthbistro.ca

Rating. 3.5/5

Price range. \$\$

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Client negotiations. No

Curry Tuna. In a hurry after work? Get dinner ready in a few minutes



This meal can be ready in no time for tired and hungry workers who want a spicy curry in a hurry. The recipe can easily be doubled to make four servings. Serve over rice or accompany with naan bread if desired.

1 In a large saucepan over medium heat, melt butter. Add the garlic. Stir in the tuna, sour cream and curry powder. Heat until warm and serve. Garnish with cil-

Ingredients

- 15 ml (1 tbsp) butter
- 1 clove garlic, minced
- 2 cans (each 85 g) flaked light tuna (spicy Thai chili flavour)
- 250 ml (1 cup) low-fat sour cream
- 5 ml (1 tsp) curry powder
- Cilantro sprigs, for garnish (optional)

antro sprigs, if desired.
CLOVER LEAF/ THE CANADIAN PRESS

Make the wok sizzle



This recipe makes four to six servings. NEWS CANADA

Ingredients

Marinade

- 1 tbsp soy sauce
 - 1 tsp ground ginger
 - 1/2 tsp Chinese five spice
 - 1/2 tsp crushed red pepper
- Stir-Fry**
- 375 g pork tenderloin, cut

lengthwise in half, then crosswise into 1/4 inch/6 mm thick slices

- 1 tbsp Mazola Veg Plus! canola and vegetable oil blend
- 250 g sliced mushrooms
- 1 red bell pepper, cut into thin slices

- 1 small onion, cut into thin wedges
- 1 can (390 mL) coconut milk
- 1 tsp garlic salt
- 4 cups packed spinach leaves (approximately 150 g)
- Cooked rice, optional

Stir-fries are a great dinner option when you want something quick that allows you to use the veggies and meats you already have in your fridge and freezer.

While this Coconut Pork Stir-Fry uses mushrooms, red peppers, onions and spinach, it would work just as well with veggies such as yellow or green peppers, broccoli, green beans, water chestnuts and red onions.

1 Combine marinade ingredients in bowl; add pork, tossing it to coat. Cover and marinate in refrigerator 15 minutes.

2 Heat oil in skillet or wok over medium-high heat until hot. Stir-fry the pork, 1/2 at a time, 1 to 2 minutes or until

outside surface is browned. Remove the pork from the pan with slotted spoon.

3 Stir-fry mushrooms, bell pepper and onion in same pan for 3 to 5 minutes or

until onion is crisp-tender. Add pork, coconut milk and garlic salt. Stir in spinach; cook 3 to 5 minutes or until spinach is wilted, stirring occasionally. Serve over rice if desired.

NEWS CANADA

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Redefining 'the dream'

Why are happy people 'rich'?



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I read a Fastcompany.com article last week about how the happiest people are spending their money. It's clear that happy people live lives that are rich; 'rich' meaning balanced and largely stress-free.

Happy people often have a different idea of 'the dream.' Rather than working to afford a big house and two cars, they're creating their own 'dream' based on what makes them fulfilled. For example, instead of living in the suburbs, many buy smaller, more centrally located homes where they don't need a car.

They save time commuting, exercise more, have fewer expenses and a lower environmental footprint. Redefining 'the dream' also means less stress. Happy people spend money on affordable experiences, not

accumulating 'stuff' that contributes to debt. For example, many would prefer to travel versus hosting a lavish wedding; while others spend money on house cleaning so that they have more time to spend with their kids.

Prioritizing expenses to afford personally fulfilling experiences also means living within their means. That in turn translates into less debt and reduced stress.

Happy people also find creative ways to make more money. Some become full-time entrepreneurs. Others keep working their nine-to-five job, and turn their hobbies, like photography, music or teaching, into extra income by selling their services or inventing new products.

This crowd is frugal and resourceful, which enables them to save for their vision of retirement. Interestingly, many have selected careers that will carry them well past the traditional retirement age of 65.

Like happy people, choosing to not to keep up with the Joneses can buy you more time to focus on the things that matter to you. And it will help you build financial freedom by avoiding debt and having more money for savings.

Stop the yearly panic

RRSP contributions. Don't miss the boat again this year. It's time to set up monthly automatic deposits.



YOUR MONEY
Alison Griffiths
money@metronews.ca

You did it again. You went down to the RRSP wire, raided the kids' piggy banks, maybe leaned on your line of credit or put the touch on a grandparent then rushed off to make your last minute contribution.

With just under a year until the next RRSP deadline, you resolutely swear you're not going to do the last minute thing again. But I find that RRSP contribution vows, like New Year's resolutions, tend to get tossed aside in the stampede of life.

Alison's money rule:

"Don't wait until your financial ship comes in. Save for retirement monthly to achieve the most secure nest egg."

Take heart, I have a solution. Before the week is over set up an automatic transfer from your bank account to your RRSP. Just do it! Money that is out of sight is out of mind and, better yet, sheltered from spending urges.

While it would be nice to max out your RRSP contributions through monthly deposits, that's unrealistic for many, especially those with families, mortgages and car loans.

Instead, pick a number you can live with that won't stress you financially. Even \$50 or \$100 will start you off and chances are the money won't be missed if it is out of your account before you even have time to think about spending it. To be safe, set up the transfer a couple of days after your paycheck is deposited.

Here's a trick to go along with an automatic contribution plan. Give yourself an RRSP raise on a regular basis. Every



A little saving now can make for smoother sailing later. / iSTOCK

six months or so bump up the transfer into your RRSP by a bit. You won't feel the pinch but the habit, once ingrained, will eventually turn into a nice tax deduction year in and year out.

Another rationale to this plan is the benefit of regular investing, called dollar cost averaging. If you contribute to your RRSP monthly, and invest in a group of quality products at the same time, you will have a much better return over time than those who make haphazard lump sum contributions and investments.

Dollar cost averaging evens out the ups and downs of the stock market and interest rates

Who's planning ahead?

43%

The percentage of 18- to 34-year-olds that do not have an RRSP account.

and also saves you from trying to guess when is the best time to invest. Research shows pretty much everyone gets it wrong over time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

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Top 5: March 5th

- 5 Gym Class Heroes Yourself Back Home
- 4 Katy Perry Part Of Me
- 3 Marianas Trench Fallout
- 2 David Guetta ft Nicki Minaj Turn Me On
- 1 Carly Rae Jepsen Call Me Maybe

Weeknights at 9
Tessa counts down the HOTTEST 5 songs that day!

101.3THEBOUNCE.COM

Dividing up the birthday dinner bill



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I am coordinating a birthday dinner for a friend. Each attendee is expected to pay his/her own bill. The birthday girl's husband is attending. I would like to cover her bill, not his. Any suggestions? Hostess

Dear Hostess,

Since these two people are a couple, they should be treated as such and so the bill absolutely should be paid for both the birthday girl and her

husband. Now, you have several ways to deal with this.

Firstly, you can take the total bill including tip and divide this equally among those who are left paying. This will give you the equal amount each paying person contributes for the total bill including tip. In this scenario, all paying people have paid for themselves and an equal portion for the couple being hosted. Your second option would be to take the total bill including tip divided by the total number of people including the birthday girl and her husband. In this case you are responsible to pay for three shares (yours, the birthday girl's and her husband's). In this scenario, guests pay their own share only and you would be paying for yourself and the two guests.

Bon appétit!



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Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a home or car. / ISTOCKPHOTO/THINKSTOCK

Borrowing basics

Advice. Make sure you choose the right loan — and the right lender

JANE
DOUCET
For Metro

Spring is just around the corner, and with it comes visions of putting an addition on the house, landscaping the garden, taking a warm vacation to shake off winter's chill or shelling out big bucks for your (or your child's) wedding. While they are all exciting plans, many Canadians will be asking themselves, how will I ever pay for them?

For some, the answer will be to apply for a loan. "Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a cottage or car," says Christine Zalzal, vice-president of marketing at B2B Trust, a third-party supplier of investment and RRSP loans



There are numerous things to think about when planning to get a loan. / ISTOCKPHOTO/THINKSTOCK

in Canada.

When looking for a lender, it's important to make sure the person you deal with at the lending institution is reputable and trustworthy, and that he or she really listens to your needs.

"Both the lender and the borrower have to properly assess the borrower's current

and future financial goals before choosing the right type of loan or product," says Zalzal.

It's also important to consider whether you will be able to meet the loan payments if there is a change in your personal situation, such as you or your partner lose your job or you get divorced.

professional advice from your banker or financial adviser. "Borrowing money is a big and very personal decision," he says. "You have to ask yourself, how much should I borrow? What's my income? What's the best kind of borrowing for me?"

Before you can determine how much money you should borrow, it's vital to understand how much money you already spend each month and where you spend it. Then you can decide where to trim so you can set aside adequate funds to meet your loan payments.

Regardless of whether you borrow money from a bank or another lending institution, you must make sure you can afford to pay back the loan as per the lending agreement.

"Consumers should sleep easy at night knowing they're comfortable with their borrowing plan," says Zalzal. "If they have anxiety over it, they should revisit it."

Mistakes

Avoid these common blunders when you are planning for a loan

Don't want to end up drowning in loan debt? Richard Goyder, vice-president of personal lending at RBC, reveals some common borrowing mistakes and how to avoid them.

Choosing the wrong type of product. If you use a credit card to borrow a large amount of money, you will get dinged with a high interest rate.

"A better idea is to borrow on a line of credit, which has a lower rate of interest," says Goyder.

Not seeking advice. The different types of borrowing options, including secured and unsecured lines of credit and instalment loans — can be confusing if you are unfamiliar with them. "A financial adviser can explain them and help determine which is best for your situation," says Goyder.

Refusing to create a spending plan. It's a fact — budgets are boring. But they are also necessary to ensure you can meet your monthly loan payments. If you don't have a monthly budget, you may borrow too much and not be able to make the payments. Being unaware of your credit score.

A credit score lets lenders know if you are a safe or poor risk to borrow money. If you don't know your score, you can determine it by doing a credit score report online or having your banker do one for you.

Neglecting to approach your own bank. Although it might be tempting to respond to another lender's flashy advertisement, no one knows your financial situation better than your bank.

Because your banker already has your business, it might mean you will get a better deal than elsewhere.

Having too much debt in too many places. This scenario could land you in serious financial trouble, but there is a solution.

"Consolidating your debt can be a very sensible and clever way of saving yourself money on repayments," says Goyder.

JANE DOUCET

Let a specialist navigate your car loan

Investment.

Most people need to borrow money when purchasing a vehicle

Next to a house, a car or post-secondary education is probably one of the biggest investments you will make.

When purchasing a car,

either from a dealership or through a private sale, most people need to secure a loan. The first step is to speak to a specialist who will guide you through the application process and advise you of the available options, says Shahz Beig, associate vice-president, personal lending, TD Canada Trust.

In contrast to a house, you don't need a down payment for a car; you can borrow the

entire amount, as long as you qualify. You will need a bill of sale, and proof of registration, ownership and insurance, says Beig.

The interest rate on a car loan depends on the size of the loan and the number of years you take to pay it off. Interest rates for such loans are lower than for unsecured loans, and can be as low as prime plus 1.75 per cent, says Beig.

As a new car buyer, you can choose a fixed or variable rate with a wide range of payment terms. Bear in mind that the longer the term, the lower your monthly payments. For a new car, you can take up to seven years to repay the loan, but you can pay it off at any time.

"For example, if you can take a loan out for \$10,000, you can pay it off in full in

six months if you please, and there are no penalties or fees associated with that," says Beig.

Since the car is considered collateral against the loan, and a vehicle depreciates over time, you have only up to five years to repay a loan to purchase a used car, and the interest rate would be slightly higher.

Another significant expense is a university or college education. The TD offers

undergraduates a line of credit of up to \$40,000 over four years at an interest rate of prime plus 1.5 per cent (totaling 4.5 per cent), says Beig. He believes this rate is better than for provincial student assistance programs. The bank also offers lines of credit for post-grads, even up to \$200,000, at prime, to qualifying medical and dental students.

PAULINE ANDERSON



If you are looking to build a home, work with a specialist to arrange a loan.
ISTOCKPHOTO/THINKSTOCK

Time to build a dream home

As mortgage rates continue to be relatively low and promise to remain unchanged for at least the short term, this is a good time to consider getting a loan to purchase your dream home.

Start by working with a specialist to get pre-approved, says Farhaneh Haque, director, mortgage advice, TD Canada Trust. This process helps determine the type of loan for which you qualify.

"It gives you the confidence to look at properties that are within your budget," says Haque. "There's nothing worse than falling in love with a home only to find out that you can't afford it."

Part of the pre-approval process involves evaluating your credit rating. "Sometimes we uncover something that you may not even know about, so if there are any skeletons in the closet, we can point you in right direction to rectify that," says Haque.

Selecting the right mortgage — fixed or variable, short or longer term, "open" or "closed" — is as important as finding the right house. Most buyers live in their first house for only about three years so Haque suggests asking about a mortgage's flexibility.

"Can I take this mortgage with me? Can I increase it?

Can I pay more towards the principle? If I need to take a short break from payments, can I do that?"

The minimum down payment is five per cent. Of course, it's better to put down a larger amount so payments aren't so overwhelming and you have a better equity position, says Haque.

Homebuyers can tap into their registered retirement savings plans to purchase a home. You and your partner can each withdraw up to \$25,000, although some conditions apply and it has to be repaid, generally within 15 years.

Remember that the price of the house is not the only expense; there are also closing fees, moving costs, lawyer payments and other incidental costs to consider.

"These need to be built into your budget," says Haque. And in addition to mortgage payments, there are other regular household expenses, including heating, property taxes, maintenance and renovations. A rule of thumb is that monthly housing costs shouldn't be more than 32 per cent of your gross monthly income.

For further information, visit tdcanadatrust.com/homeownership.

PAULINE ANDERSON



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NO TIME LIKE THE PRESENT

ONLINE OR OFFLINE, THE SOONER YOU START LOOKING FOR A SUMMER JOB, THE BETTER

Getting a summer job is like buying concert tickets — the best ones go first and the latecomers are stuck with the cheap ones. Employment experts say the sooner you start your summer job hunt, the better.

Karin Lewis, an employment counsellor and social media expert at JVS Toronto, says a great place to start your search is online.

“Google is the most effective and flexible job-search tool,” she says. Search “summer+job+Halifax” (or wherever you are looking) to get results in your area. Mark “pages from Canada” to limit results. Set up a Google alert with your key terms to have the search giant filter job postings and email them you.

Search Twitter with hashtags such as #summerjobs #calgary. “If you are going to use Twitter, your Twitter needs to look decent,” Lewis says.

Make sure your bio reflects your professional ambitions, your photo makes you look employable, and don’t flame people about your drinking habits.

Create a solid LinkedIn profile. You can use it as your online resumé and connect to potential employers. Some jobs even require you apply via LinkedIn.

“If you have a good profile on LinkedIn and someone Googles you, that’s the first thing they’ll find,” Lewis says. “It’s a good way to control what people find.”

There are also lots of job sites like Monster.ca, Jobsposting.ca and even Kijiji. For offline, check out your local


WAVEBREAK MEDIA/THINKSTOCK

employment centre or your university’s student services centre. When you apply, use the keywords that describe the job in the posting. Direct it to the person specified. It’s better to make a short list of jobs you really want and

put a lot of time into those applications than to just fire off dozens of generic emails to dozens of companies.

Make sure you understand the terms of the job. A summer internship on a magazine might sound perfect for a

budding writer, but it might not be paid. While it is important that your summer job provide experience will help you land a permanent job after graduation, you don’t want to be exploited for free labour.

— Jon Tattrie

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MAKE A GOOD FIRST IMPRESSION

Once you have identified your ideal summer job, you need a great resumé to land an interview. Many post-secondary institutions offer help at student services.

Christine Frigault, co-ordinator of career planning services at Mount Saint Vincent University, says students regularly make use of the school’s “resumé critiques.”

She says the average time an employer spends looking at a resumé is 30 seconds. If you fail to catch their eye in that narrow window, your application goes in the recycling bin. To stay in contention, Frigault

says you should research the employer and the position and craft a resumé to match.

Two pages is the maximum length for a resumé, and one page may be better. You get another page for the cover letter. “The cover letter is a good chance to showcase your writing skills,” she says. “Three to four paragraphs is standard.”

The letter should show the employer how you match the job’s requirements, so use the keywords found in the posting. If it calls for energetic people, say you are energetic.

— Jon Tattrie

SOLVING ROOT CAUSE OF PROBLEM

CANADIAN COLLEGE OF OSTEOPATHY OFFERS THOROUGH UNDERSTANDING AND TRAINING

When Peter Goodman finished his studies at the Canadian College of Osteopathy (CCO), he walked away with an observation.

"This was the highest quality training I have undergone," he says.

Goodman describes the curriculum as being "exceedingly thorough" and notes that he learned roughly 2,000 techniques as part of his studies.

Osteopathy is a form of natural medicine that uses manual therapy to treat neuromusculoskeletal and joint problems.

Goodman was attracted to osteopathy because of its focus on trying to solve the root causes of a problem, rather than just the symptoms.

"Osteopathy really focuses on investigating what causal factors are at play," he says, noting that during the first session with an osteopath, more than one-half or



CANADIAN COLLEGE OF OSTEOPATHY PHOTO

close to three-quarters of the hour-long session is devoted to getting a thorough understanding of a patient's background.

"I want to know not only what recently happened, but I want to know their whole history," says Goodman.

The CCO's next intake of students in Halifax is this fall. It's a five-year seminar-based program and six seminars take place each year, with each seminar running for five consecutive days.

The program is geared towards people

LOCAL HISTORY

When it opened in Montreal in 1981, the Canadian College of Osteopathy (CCO) was the first osteopathy college to be established in Canada. Today, it has six locations across the country, with the Halifax location having opened up in 2002. To learn more about the CCO, visit ceo.qc.com.

who already have a diploma in a health science program, such as nursing, physiotherapy or kinesiology.

Once students complete the study portion of the program, they must complete and successfully defend an osteopathic thesis to receive their diploma of osteopathy.

Goodman says the career prospects are excellent.

"There's a shortage of people doing this kind of work," he says, noting that when he began practising osteopathy in 2009, there were less than 10 people practising it in Nova Scotia. Today, that number is close to 30.

"This is a growing field," says Goodman, adding that he and many of his colleagues are booked weeks in advance.

Osteopathy provides the necessary therapeutic reasoning skills and manual treatment approaches to achieve **optimal results** with even the most complicated patients.

Osteopathic manual treatment focuses on detecting areas of restrictions at any tissue level that may be interfering with the body's regular functions. Restrictions are detected through the osteopath's delicate proficiency at palpation. The transmission of the art of palpation is a time-honoured tradition which the faculty of the CEO takes great pride in sharing with the students. The ability to palpate precisely distinguishes osteopathy from all other forms of medicine and therapy.

Following a thorough history taking, the patient is assessed in detail and treated with minimal intervention techniques in order to achieve maximal results. Viewing the body as a whole, the osteopathic approach recognizes that the tissue's mobility has a direct impact on all of the body's functions from digestion to breathing to locomotion. Osteopathy functions by assisting the body's natural healing ability, allowing areas of restriction to regain as much of their former mobility as the body will comfortably allow.

The educational program is designed with busy practicing health-care practitioners in mind. Courses are held over weekends to minimize time lost from current employment. Each year of the 5 year program hosts 6 seminars, spaced evenly throughout the academic year. Followed by a research project.

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CIS rule leaves Axemen with daunting matchup

Final 8. On-court performance earned Axemen No. 7 seed, but rulebook pushed them to No. 8



MATTHEW WUEST
Metro in Halifax

Based purely on performance, the Acadia Axemen deserved a higher seed for this weekend's Final 8, a Canadian Inter-university Sport spokesman said Monday.

But strict adherence to the CIS men's basketball rulebook knocked the Atlantic University Sport champions down one spot from seventh to eighth, pitting the Axemen — instead of the Ryerson Rams — against the top-ranked Carleton Ravens in Friday's quarter-finals.

The Axemen ended up seeded behind the Ontario runner-up Rams because of a sticky rule that states "conference opponents shall not play each other in the quarter-final round."

"We got into a situation where we ended up having to flip seeds," said James Hillis, spokesman for the seeding committee. "The natural No. 1 seed was Carleton, no debate, and probably the natural No. 8 seed in the tournament is Ryerson, and they can't play (Carleton) in the first game."

"It's a hard-and-fast rule. It was not even discussed in the rule that we would break that rule."

Carleton, winner of seven of the past nine national titles, had a 22-0 record this season.

The Axemen went 14-6 and won the AUS title on Sunday

AUS reaction

"A more defined system, a fairer system. Obviously there are criteria in there that would allow this to happen, and it has to be removed, has to go away."

AUS executive director Phil Currie on what needs to change in Final 8 seeding system.

with a convincing 11-point win over the St. Francis Xavier X-Men. The Rams went 13-9, tied for sixth in Ontario, and lost by 43 points to the Ravens in the conference final.

The only workaround was to swap Acadia with sixth-seeded St. FX, but the X-Men spent all 15 weeks in the CIS top-10 ranking to the Axemen's zero. The top-10 ranking is "the basis for establishing the draw for the tournament," according to the rulebook.

Hillis said a St. FX-Acadia swap was a "point of discussion" but wouldn't elaborate, citing committee confidentiality. Either way, appeals aren't permitted.

AUS executive director Phil Currie said Acadia's seeding caught him off guard.

"I wasn't expecting the seeding to go the way it did, to be honest with you — any one of our teams going in as eight was not even on my radar," Currie said.

He said he wants to see changes to the seeding rules, but will address that with CIS officials after the tournament is over.

"We're respecting the direction Acadia wants to go, and they want to concentrate on winning a championship, and that's it," Currie said.



Jeremy Dunn of the St. Francis Xavier X-Men twists for a shot against Acadia Axemen defender Bradley States in Sunday's AUS final. RYAN TAPLIN/METRO FILE

Sports in brief

Pirates propose contract to McCutchen: Source

A person close to the situation says the Pittsburgh Pirates are closing in on a new contract with all-star centre-fielder Andrew McCutchen. The proposed six-year, \$51.5-million US deal would keep McCutchen with the Pirates through the 2017 season with a club option for 2018. The person spoke on condition of anonymity because details were still being ironed out and McCutchen needed to pass a physical.

THE ASSOCIATED PRESS

NHL. Sens officials say team's survival depends on Ontario tax writeoff

Ontario Premier Dalton McGuinty says he's willing to listen to organizations like the Ottawa Senators who are worried about the province scrapping a key tax break.

The Liberal government has said it wants to end a policy allowing businesses to write off as much as 50 per cent of tickets and luxury suites for sporting events.

But officials with Ottawa's NHL team say that could put the club out of business.

McGuinty says tough economic times mean choices have to be made but his gov-

Dollars

\$15M

The writeoff, which also applies to other live performances like theatre and concerts, costs cash-strapped Ontario \$15 million a year.

ernment will listen to groups that could be affected by dropping the tax break.

Senators president Cyril Leeder says his team operates in a smaller market and needs the corporate tax deduction to survive. THE CANADIAN PRESS

MLB

Pujols produces in spring opener with Angels

His first time up for the Angels, Albert Pujols hit an RBI double.

So far, so good.

The new Angels slugger finished 2-for-3, ending his spring debut by popping up with the bases loaded in the third inning of Los Angeles' 9-1 win over an Oakland Athletics split-squad Monday.

"That was fun," Pujols said of batting in each of the first three innings. "Hopefully we get to do that a lot this season." THE ASSOCIATED PRESS

Canadiens

Markov's wait almost over?

Montreal Canadiens defenceman Andrei Markov has been cleared for contact and hopes to be back in the lineup before the end of the regular season.

He has played just seven games in the last two seasons and had two knee-ligament surgeries over that span. THE CANADIAN PRESS



NBA

Raps done in by dominant Dwight

Dwight Howard had 36 points and 13 rebounds Monday to lead the Orlando Magic over the Toronto Raptors 92-88.

DeMar DeRozan had 23 points for the Raptors (12-26), who were coming off a victory over Golden State on Sunday.

Aaron Gray added 11 points and 11 rebounds for Toronto. Ryan Anderson had 19 points and 13 boards for the Magic (25-14). JJ Redick's 23-foot three-pointer with less than 10 seconds to go helped the Magic seal the win. THE CANADIAN PRESS

NFL

Welker is Patriots' franchise player

The New England Patriots have placed the franchise tag on Wes Welker. The move means Welker would be paid about \$9.5 million US for next season unless the sides work out a long-term deal.

THE ASSOCIATED PRESS

Baseball

Verlander strong against Jays

AL MVP Justin Verlander picked up where he left off last season, pitching two scoreless innings in his spring training debut as the Detroit Tigers beat the Toronto Blue Jays 4-2 Monday.

THE ASSOCIATED PRESS



Justin Verlander
JULIO CORTEZ/THE ASSOCIATED PRESS

Baseball

Dykstra gets three years

Disgraced ex-New York Mets outfielder Lenny Dykstra was sentenced to three years in a California state prison after pleading no contest to grand theft auto and providing a false financial statement.

THE ASSOCIATED PRESS

NHL

Bruins add Turco with Rask injured

The Boston Bruins added some depth to their crease Monday, signing goalie Marty Turco for the rest of the season. The move lightens the load on Tim Thomas after backup Tuukka Rask was injured on the weekend.

NFL



"Everybody knows those things have been around."

Kyle Turley, former NFL offensive lineman, on bounties to injure opponents, a charge the NFL is currently making against the New Orleans Saints.

Long commutes a fact of life for top curlers

Brier. Alberta's Simmons just one of many wmaking cross-province treks for sport they love

In the increasingly itinerant world of the elite curler, Alberta third Pat Simmons says commuting between Moose Jaw, Sask., and Calgary is no big deal.

Simmons skipped Saskatchewan at the Canadian men's curling championship four times from 2005 to 2008 and played third for the province last year in London, Ont.

The 37-year-old chiropractor now wears the colours of the province to the west with Kevin Koe's squad in 2012.

"Even when I was in Saskatchewan, we had guys scattered. We were in three corners of the province," Simmons said.



Alberta third Pat Simmons makes a shot during Monday's afternoon draw against P.E.I. at the Tim Hortons Brier in Saskatoon. JONATHAN HAYWARD/THE CANADIAN PRESS

"It's really no different and in fact it's probably easier because it's an hour flight rather than a three-hour drive.

"It's just the way teams are now. There are very few top teams that are all based in the same spot. Those ones are

very lucky. They don't know how good they have it."

Alberta rattled off a fourth straight win Monday with an 8-2 victory over Mike Gaudet of Prince Edward Island. With a draw remaining at night, Koe's rink was the only one still unbeaten at the Tim Hor-

tons Brier at 4-0.

Kevin's brother Jamie Koe is skipping Yukon/Northwest Territories. The Yellowknife team was 3-1 to set up an interesting sibling matchup Wednesday morning when Alberta faces the Territories.

Pre-tournament favourite

Glenn Howard of Ontario was also 3-1. Manitoba's Rob Fowler and Nova Scotia's Jamie Murphy were both 3-2 ahead of B.C.'s Jim Cotter, Northern Ontario's Brad Jacobs and Saskatchewan's Scott Manners all at 2-2.

New Brunswick's Terry

Odishaw was 2-3. Quebec's Robert Desjardins and Newfoundland's Brad Gushue were 1-3. P.E.I. was winless in five games.

It's become common to see curlers compete for different provinces during their careers.

One example is Ben Hebert, who played lead for Simmons at the 2005 and 2006 Briers, but then relocated to Alberta and eventually won a Brier and an Olympic gold medal with Edmonton's Kevin Martin.

Another is current Newfoundland and Labrador third Ryan Fry, who played second for Manitoba's Jeff Stoughton in the 2007 Brier.

Families must relocate or be able to live with a often-absent husband and father. The curler also has to make it work financially because the sport doesn't pay the bills.

THE CANADIAN PRESS



Steve Yzerman was named executive director of Hockey Canada's 2014 Olympic men's hockey team on Monday. RYAN REMIOWZ/THE CANADIAN PRESS FILE

Olympics. Yzerman embraces 'awesome challenge'

Steve Yzerman is looking to repeat.

The architect behind Canada's 2010 gold-medal winning men's team at the Vancouver Olympics will once again lead the squad in 2014.

"Given the opportunity to go to Russia and compete in the Olympics again, that's too good an opportunity to pass up," Yzerman said Monday after Hockey Canada named the general manager of the Tampa Bay Lightning its exec-

Hockey Canada

"There was no reason to look at any different person to lead."

Hockey Canada president Bob Nicholson on bringing back Steve Yzerman.

utive director for the men's team at the Sochi Games.

"It's just too great a challenge and these are things I really enjoy doing. Going into Russia trying to win a gold medal will be an incredibly

awesome challenge and exciting for all of us."

Yzerman's management group for the Games will include Detroit Red Wings general manager Ken Holland, Edmonton Oilers president

Kevin Lowe, St. Louis Blues GM Doug Armstrong and Bob Nicholson and Brad Pascall of Hockey Canada.

"When I met with Steve Yzerman, he didn't just want it — he really wanted to be involved and to lead this group," said Nicholson, Hockey Canada's president. "He quickly came to the conclusion that he'd like to have the same group around him that he did in Vancouver, so we're moving ahead." THE CANADIAN PRESS



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Miscellaneous

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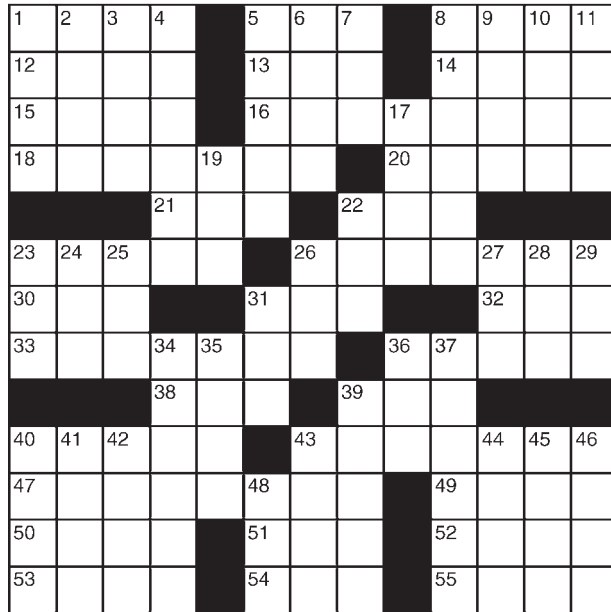
Crossword

Across

1 Perches
5 Recipe meas.
8 Diploma owner, for short
12 Versifier
13 — carte
14 Unusual
15 Basin accessory
16 Seek office, perhaps
18 Arthur's kingdom
20 Pester
21 Family member
22 Aged
23 Steed
26 "Avatar" writer/director
30 "— Got a Secret"
31 Distant
32 Lawyers' org.
33 Mothball material, once
36 Street urchin
38 "— the fields we go"
39 Wager
40 Animal track
43 Fine white linen
47 "Wichita Line-man" singer
49 Relaxation
50 Sheltered
51 Fish eggs
52 Aspen equipment
53 Flex
54 Toss in
55 Exam

Down

1 Detail, for short
2 Primary state
3 Abound
4 Emphasize
5 Mexican entrees
6 Venetian blind



part
7 Cooking spray brand
8 Starbucks order
9 Picnic hamperer
10 Jason's ship
11 Say it isn't so
17 Tropical tree
19 Whopper
22 Rowing need
23 Toper's interruption
24 Eggs
25 Sleep phenom
26 Ford or Lincoln
27 Aries
28 Japanese sash
29 Tandoori bread
31 Supporting

For today's crossword answers and for expanded horoscopes, go to metronews.ca



Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Send a kiss

- **Nami.** This may be no secret, but I have loved you for a very long time. We've recently reconnected and I've never been so optimistic for my future. I hope you feel the same... From This Guy.
- **Team 4.** Dear Team 4, our time together has been the best of my life. When I dream I dream of you, I hope you know that. I hope that we can be together always. From Champion
- **you.** roses are red, violets are blue, waiting to hear from someone, that someone is you! From Blonde little girl.
- **kc.** Im going home now, hope you feel better, remember just dont lookme in thee eye and this will be easier, becasue i know if you do, you'll feel bad for me,, and i already recieved enough of your pity!!! Never wanted pity, wanted love but, well i guess for you and me there's always gunna be a BUT ehhh <3 From jg
- **Dear: Girlfriend in a Coma.** I miss you and I want a real kiss. You're so wet because I've been crying all over your face. Wake up, I want you!! Please Wake Up

Today

-3°/-9°
Cloudy

Wednesday

3°/2°
Mainly sunny

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Horoscope

♈ Aries | March 21 - April 20.

You may not approve of a loved one's actions but neither are you going to condemn them.

♉ Taurus | April 21 - May 21.

The most important thing today is that you decide what you are going to do. Don't keep changing your mind.

♊ Gemini | May 22 - June 20.

If you don't feel happy where you are at the moment by all means get up and go some place else.

♋ Cancer | June 21 - July 22.

Try not to read anything dramatic into what others are saying.

♌ Leo | July 23 - Aug. 22.

If a friend makes a suggestion today

you must listen.

♍ Virgo | Aug. 23 - Sept. 22.

The cosmic picture is somewhat uncertain today, so it might be wise to bet only on certainties.

♎ Libra | Sept. 23 - Oct. 22.

Who says you have to see things the same way as everyone else? You're a Libra. You're different.

♏ Scorpio | Oct. 23 - Nov. 21.

You can expect some really good things to happen over the next few days. Creatively and romantically you should set your sights high.

♐ Sagittarius | Nov. 22 - Dec. 21.

An older relative knows more about a situation than you

do, so make sure you listen to, and act on, their advice.

♑ Capricorn | Dec. 22 - Jan. 20.

You will find it difficult to make up your mind about something that would usually take you about three seconds to deal with.

♒ Aquarius | Jan. 21 - Feb. 18.

There are so many opportunities available to you now that you may find it hard deciding which one to take advantage of. Go with the idea that first comes to mind.

♓ Pisces | Feb. 19 - March 20.

Do what you want to do today and don't worry if those around you think it's a bad idea.

SALLY BROMPTON



Caption Contest

"Give me a T"
Phil

KATHY WILLENS / THE ASSOCIATED PRESS

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2012 FORTE SEDAN TECH⁺



HWY: 5.7L/100KM
CITY: 8.1L/100KM

TOP SAFETY PICK 2012
INSURANCE INSTITUTE FOR HIGHWAY SAFETY

Forte SX shown

OWN IT FROM **\$94⁺** AT **1.49% APR**
bi-weekly for 60 months, amortized over 84 months. \$4,802 remaining balance. Includes up to **\$1,250** in loan savings!

NO CHARGE FORTE TECH
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DARE TO COMPARE	2012 KIA FORTE 2.0 LX M/T	2012 Honda Civic DX M/T	2012 Mazda3 GX M/T
Horsepower (hp)	156	140	148
Torque (lb.-ft.)	144	128	135
Interior Cargo Space (L)	415	353	335
Heated Sideview Mirrors	✓	X	X
6 Speed Manual Transmission	✓	X	X
Steering Wheel Audio Controls	✓	X	X

2012 OPTIMA "CAR OF THE YEAR"

MOTORING 2012



HWY: 5.7L/100KM
CITY: 8.7L/100KM

Optima SX Turbo shown

OWN IT FROM **0% FINANCING APR**** FOR UP TO **36 MONTHS**
Own it from \$715 per month for 36 months. BASED ON A PURCHASE PRICE OF \$25,750.

DARE TO COMPARE	2012 KIA OPTIMA LX A/T	2012 Honda Accord SE A/T	2012 Toyota Camry LE A/T
Horsepower (hp)	200	177	178
Torque (lb.-ft.)	186	161	170
Automatic Transmission	6 Speed	5 Speed	6 Speed
Fog Lights	✓	X	X
Power Driver Seat	✓	X	X
Heated Seats	✓	X	X

2012 SORENTO

7 PASSENGER SEATING AVAILABLE

TOP SAFETY PICK 2012
INSURANCE INSTITUTE FOR HIGHWAY SAFETY



HWY: 6.2L/100KM
CITY: 9.5L/100KM

Sorento SX shown

OWN IT FROM **\$158⁺** AT **1.49% APR** | **\$0 DOWN PAYMENT**
bi-weekly for 60 months, amortized over 84 months. \$8,076 remaining balance. Includes up to **\$1,000** in loan savings!

DARE TO COMPARE	2012 KIA SORENTO LX AT FWD (4-CYL)	2012 Honda CRV FWD LX 2WD (4-CYL)	2012 Ford Escape 2.5L XLT FWD (4-CYL)
Horsepower (hp)	191	185	171
Torque (lb.-ft.)	181	163	171
Towing Capacity (lbs)	1,650	1,499	1,499
Interior Volume (L)	2,987	2,949	2,818
17" Alloy Wheels	✓	X	X



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Offer(s) available on all new 2011/2012 models through participating dealers to qualified customers who take delivery by April 2, 2012. Dealers may sell for less. Some conditions apply. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and financing options also available. Certain restrictions may apply. *0% purchase financing is available on all 2011 and 2012 Kia models on approved credit (OAC). Terms vary by model and trim. See dealer for details. Financing example based on 2012 Optima (09742C) with a selling price of \$25,750 financed at 0% APR for 36 months. Monthly payments equal \$715 with a down payment/equivalent trade of \$0. Cost of borrowing is \$0 for a total obligation of \$25,750. Delivery and destination fees (\$1,455) and PPSA (\$79) are included. License, insurance, applicable taxes, and registration fees are extra. 2011 Optima (095418) financing example includes a loan savings of \$1,000. Retailer may sell for less. See dealer for full details. **Don't Pay for 90 Days* on select models (90-day payment deferral) applies to purchase financing offers on select 2011 and 2012 models on approved credit (OAC) (2011/2012 Sportage/Sorento/Sedona/Borrego excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. *Bi-weekly finance payment for 2012 Sorento (S9758C) based on an MSRP of \$26,595 is \$588 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,076 plus applicable taxes due at end of 60-month period. Offer includes a loan credit of \$1,000, delivery and destination fees (\$1,000) and PPSA (\$79). Other taxes, registration, insurance, licensing, and dealer fees are excluded. See dealer for full details. *Loan savings for 2012 Forte Sedan Tech+ (F0540C) 2012 Kia Sorento LX AT (S9758C) is \$1,250/\$1,000 and is available on purchase financing only on approved credit (OAC). Loan savings varies by model and trim. *Customers who purchase or lease a new, in-stock, eligible 2011/2012 Kia Forte Tech+ or Forte Koup Tech+ between March 1, 2012 and April 2, 2012 receive a Samsung Galaxy Tablet 10.1 (WiFi 32 GB, approx. retail value \$499.99); this offer does not apply to purchases/leases of vehicle models, including the Forte, Forte+ and Forte Koup, that are not associated with the Tech+ package. The Samsung tablet has no cash value and may not be refunded or substituted. Samsung tablets will be shipped to customers within approximately 6 weeks of delivery of their vehicle. While supplies last. Some conditions apply. See dealer for complete details. ©2012 Samsung Electronics Canada, Inc. All Rights Reserved. Samsung is a registered trademark of Samsung Electronics Co., Ltd., used in Canada under license. *2012 Kia Sorento 2012 Kia Forte awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. *The EURO 2012 contest closes on April 8, 2012. Complete contest details available at www.facebook.com/KiaCanada. Grand Prize available consists of a pair of tickets to a semi-final game match in Warsaw, Poland. Prize includes executive class airfare for two (2) people, three-night accommodations (double occupancy) at a 4-star hotel, and spending money. The approximate retail value of the Grand Prize is \$14,250, estimated at time of preparing rules and regulations). No purchase necessary. *Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada publication *Energy Guide Fuel Consumption Guide*. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. KIA is a trademark of Kia Motors Corporation.